

AARUSHI POLKE- CD STUDENT

PORTFOLIO

2022-present

SKILLS

ILLUSTRATOR



PHOTOSHOP

INDESIGN

SKETCHUP



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A DELICIOUS DESERT
STRAIGHT FROM
KYOTO IS NOW
AVAILABLE.

Available flavours:
Anko
Custard Cream
Chocolate
Matcha
Chestnut Paste
Sweet Potato Paste
Savory
Sakura

MAIRIUTEC

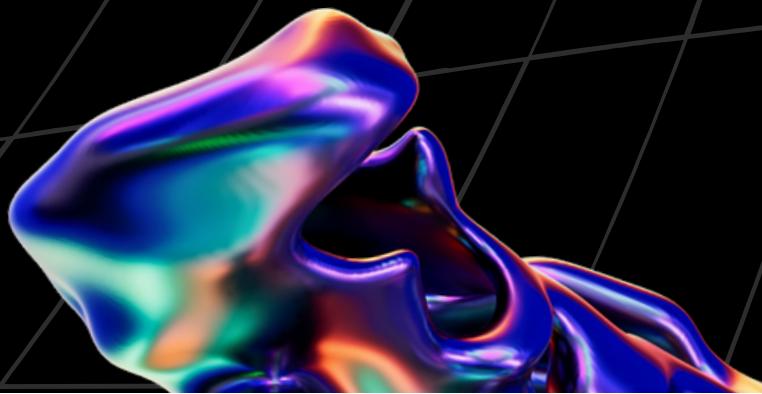


鳴門鯛焼本舗

HOMPO

5-chōme-7-1 Tenjinbashi, Kita Ward, Osaka, 530-0041, Japan

DIGITAL PAINTING



3D MOCKUP



VINYL COVER REDESIGN



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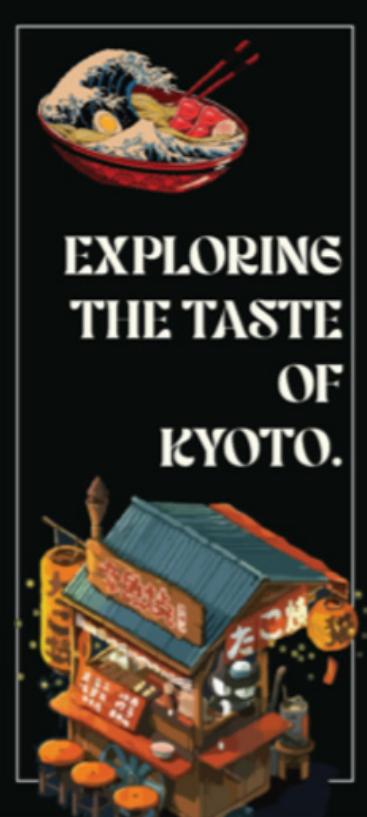
HOARDING DESIGN



FACEBOOK COVER PAGE



BROCHURE DESIGN



FOOD PLACES YOU MUST TRY IN KYOTO.

The variety of street cuisine in Kyoto is amazing, ranging from salty to sweet and traditional to contemporary. Find out where to get the best street food in this metropolis by reading this comprehensive guide.



Taiyaki: Taiyaki is a Japanese sweet food in a fish shape. It is famous for its unique recipe of taiyaki and overnight preparation of blending high quality wheat. Two of the most popular taiyaki are red bean taiyaki and 'gold' sweet potato taiyaki.



Mitarai-tamago: Dashihamid tamago is a Japanese style of egg made by rolling multiple layers of fried egg on a pan. Founded in 1928, Mitarai-ten is located at the heart of Ni-shiki market in Kyoto, and has some of the best dashihamid tamago around. With a blend of three different types of



Yatsushiro: Yatsushiro is a Japanese confectionery made of glutinous rice flour, sugar. Usually moulded to the shape of a rectangle or triangle, yatsushiro has a texture similar to mochi. And the best place to go for yatsushiro has to be Inutsu Yatsushiro. Founded in 1895.



Namafu Dengaku: Namafu dengaku is a kind of dengaku food that is grilled or roasted over a flame. It is made of solid gluten and glutinous rice flour, usually in the shape of a rectangle. Fufusa in Kyoto offers a variety of dengaku and incorporates creative ideas into



Takoyaki: Takoyaki is a Japanese street food. It is made from wheat flour moulded into a little ball, and usually is filled with octopus and onion and topped with takoyaki sauce, and sometimes other sauces like mustard. In Kyoto, you can find tastier takoyaki at Ta-koyaki.



Tako-tamago: It was the tako-tamago, literally octopus tamago. It is a hub octopus marinated and cooked in a sauce made of sugar, mirin, and soy sauce. In the head of the octopus, a quail's egg is inserted before cooking. The octopus is sweet, chewy, and



Yakiniku or Japanese steak tartare: The Japanese version of steak tartare. They usually use the tenderest part of the beef, marinated with various seeds, spices, green onion, and raw egg yolk.



INFOGRAPHIC POSTER

Menstruation MATTERS TO EVERYONE, EVERYWHERE.



PERIOD CYCLE REPEATS ITSELF
AFTER 30 DAYS i.e. A MONTH.
A FEMALE SPENDS AROUND 2,280 DAYS
OF THEIR LIVES IN PERIOD CRAMPS.



FEMALE HYGIENE PRODUCTS MAJORLY
CONSISTS OF SANITARY PADS, TAMPONS
AND MENSTRUAL CUPS.



MOOD SWINGS



CONSTIPATION
OR DIARRHEA



FATIGUE

NORMAL SYMPTOMS

Many women don't experience any discomfort, while others have mild symptoms.



HEALTHY THINGS TO EAT TO EASE MENSTRUAL CRAMPS

1. CITRUS FRUITS
2. BANANAS
3. GREEN LEAFY VEGETABLES
4. GINGER
5. CHAMOMILE TEA
6. WATER
7. CHOCOLATE

JUNK FOOD TO AVOID DURING MENSTRUAL CRAMPS

1. FATTY FOOD
2. SALTY AND PROCESSED FOOD
3. FRIED FOOD
4. DAIRY
5. REFINED SUGAR
6. ALCOHOL
7. CAFFIENE
8. CARBONATED BEVERAGES



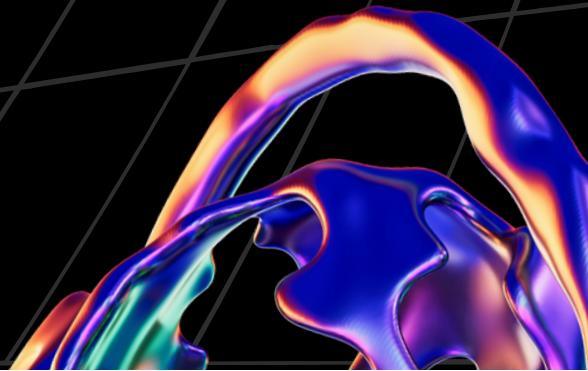
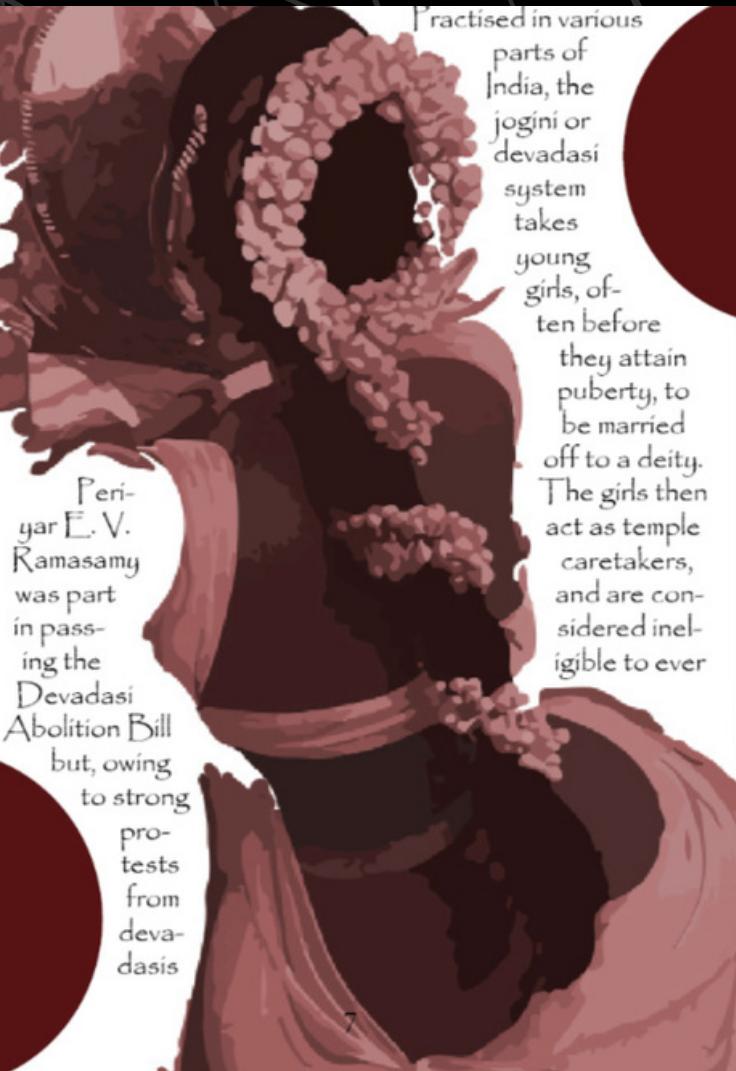
PACKAGING



BOOKLET COVER PAGE



ILLUSTRATIONS FROM BOOKLET



The background features a dark gray grid pattern that curves and distorts across the frame. Two large, glowing, organic shapes resembling liquid or plasma filaments are positioned at the top left and bottom right corners. These shapes have a vibrant, iridescent color palette with highlights in blue, green, yellow, and red.

THANKYOU